

# WHICH SALT?

## WHY MIGHT PINK HIMALAYAN SALT BE THE *MOST* *SIGNIFICANT CHOICE* YOU EVER MADE?

Taken from the article **Himalayan Crystal Salt vs. Table Salt**

**By Peter Ferreira**

The average person consumes 4-6,000 mg of sodium chloride daily. Heavy users can ingest as much as ten thousand mg per day. What implications does this have for our choice of the type of salt we use?

### INFINITE VARIETY OF CHOICES

There are many kinds of salt available in the grocery stores and elsewhere, such as ordinary Table Salt; then there is Sea Salt of many varieties, and other salts like BioSalt which in the US, is made up of: sodium chloride, potassium chloride, tricalcium phosphate, zinc oxide, potassium iodide, ferrous fumarate, copper gluconate, manganese sulphate, chromium picolinate, magnesium oxide and trace minerals from sea salt.

The most common form is ordinary table salt, which most usually is iodized with potassium iodide.

This is also in almost every manufactured product. 90% of industry uses this salt.

### THE PROCESSING OF SALT

Salt has to be processed to be chemically clean enough for consumption, since it comes from being used in industry. In the cleaning process the original minerals are reduced to only sodium chloride. This is an inorganic unnatural chemical form of salt that the body regards as a foreign entity. It is an unnatural, isolated, unwholesome substance having nothing to do with salt in its natural form. Toxic Iodine and fluoride have been added to this salt. Potentially dangerous preservatives are also put into the salt such as calcium carbonate, magnesium carbonate, and aluminum hydroxide.

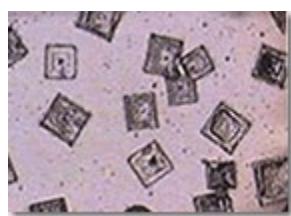
Table salt and some sea salts are energetically DEAD. In other words there is nothing to give the body. The body must use its own energy to metabolize and utilize the salt. Energetically dead sodium is found lingering freely around cancer cells.

The body recognizes Na Cl (sodium chloride) as a poison. Similar to white, refined sugar, salt, once regarded as white gold, was converted into white poison. However, there is a higher reason for salt having been endowed with all the natural elements found in our bodies. Sodium chloride

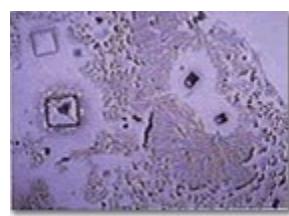
is an aggressive substance, which bio-chemically, is perpetually seeking an equalizing counterpart, so that the body's pH can always remain neutral. Sodium chloride needs its natural counterpart in order for it to produce its effect. The natural counterparts, such as potassium, calcium, magnesium and other minerals and trace elements, demonstrate, from a biophysical standpoint, specific frequency patterns. These patterns ensure the geometric structures in our body. When these structures are missing, we are without energy and are lifeless. Salt should not be used just to add flavor to our food, but for its electrical energy pattern, which is similar to our body!

### **How Table Salt Burdens Your Body**

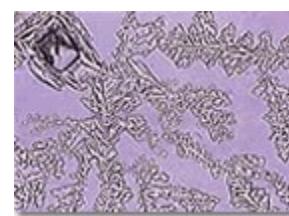
While our body only requires the minute amount of 0.007 ounces of salt per day, most of us suffer from a lack of salt, even though we're over-saturated with sodium chloride. When our consumption of salt is less than 0.007 ounces per day, salt craving kicks in. The average, per capita, daily consumption of table salt in the U.S. is between 0.4 ounces and 0.7 ounces. However, our body is only able to excrete 0.17 ounces to 0.25 ounces a day through our kidneys, depending on our age, constitution and sex. The body recognizes table salt as an aggressive cellular poison, an unnatural substance, and wants to eliminate it as quickly as possible in order to protect itself. This causes a constant overburden on our organs of excretion. In almost every preserved product, salt is used as part of the preservation process. So, by adding salt to the already salted food, the body receives more salt than it can get rid of. The body now tries to isolate the over-dose of salt in this process. Water molecules surround the sodium chloride in order to ionize it into sodium and chloride to neutralize it. For this process, the water is taken from our cells as the body sacrifices its most perfectly structured cell water in order to neutralize sodium chloride. With this, the dehydrated body cells die.



Common Table Salt  
Himalayan Salt or



Sea Salt



Pink  
Crystal Salt

**Common Table Salt:** Stripped of all its natural elements through industrial processing. The result is Sodium Chloride only. The unnatural crystals are isolated from each other and dead. In order for the body to metabolize these crystals, it must sacrifice tremendous amounts of its own precious energy reserves. This results in a damaging loss and zero gain. The salt deposits in our bodies look similar to the ones in this photo, isolated and dead.

**Sea Salt:** A great percentage of sea salt today is processed. With the ocean becoming increasingly polluted, this salt is far from ideal. It is composed of irregular and isolated crystalline structures, disconnected from the natural elements surrounding them. Consequently the vital minerals, however many it may contain, cannot be absorbed by the body unless the body expends tremendous energy to vitalize them. The net gain is small with an even greater loss of energy.

**Original Himalayan Crystal Salt:** The balanced crystalline structure reveals the fine branching with no shadows or rough edges. The crystal is not isolated from the inherent mineral elements (84) but is connected to them in a harmonious state. This tells us that the energy content, in the form of minerals, is balanced and can be easily metabolized by the body. This crystal is full of life. When taken into the body, it will have a vital energetic effect on the body. The result is a net gain for the body and zero energy loss.

### **The Difference Between Rock Salt and Crystal Salt**

The elements in rock salt are not integrated into the salt's crystal grid, but cling to the outside surface and crevices of the crystalline structure. This is the fundamental difference between rock salt and crystal salt. A salt crystal manifests a superior structure. Due to this sublime form, the elements are biochemically available for our cells as are the individual frequencies or vibration patterns. Rock salt is a cheap alternative to table salt, and is at least a natural and wholesome product. Biochemically and biophysically however, it is of little importance to our organism. We can only receive the resonant effects of the geometrical structure through the superior order or structure of a crystal and our cells can only absorb those elements that occur in an ionic form. Only under considerable pressure can the elements be transformed into a specific size, making them ionic, which enables them to pass through our cell wall. This is important because our cells can only absorb what is available organically or ionally. Therefore, we cannot absorb the minerals from mineral water as they're not refined enough to penetrate our cell walls. And what doesn't get into our cells cannot be metabolized. Therefore, the best calcium is useless if it cannot be available to the body's cells. What we need is the organic, or ionic state of an element, in perfect natural

symbiosis with all its associated elements in order for our organism to make any use of it.

## In Summary

The result of the above research demonstrates how well developed and vital the crystal of Original Himalayan Crystal Salt is. It actually has **life-generating** power for the body and for our nervous system. The elements trapped within the crystal salt are in particles small enough to be able to penetrate the human cells and be metabolized.

100% Pure it contains 84 of the “natural” elements needed by the body:

hydrogen, lithium, beryllium, boron, carbon, nitrogen, oxygen, fluoride, sodium, magnesium, aluminum, silicum, phosphorus, sulfur, chloride, calcium, scandium, titanium, vanadium, chromium, manganese, iron, cobalt, nickel, copper, zinc, gallium, germanium, arsenic, selenium, bromine, rubidium, strontium, yttrium, zirconium, niobium, molybdenum, ruthenium, rhodium palladium, silver, cadmium, indium, tin, antimony, tellurium, iodine, cesium, barium, lanthanum, cerium, praseodymium, samarium, europium, gadolinium, terbium, dysprosium, holmium, erbium, thulium, ytterbium, lutetium, hafnium, tantalum, tungsten, rhenium, osmium, iridium, platinum, gold, mercury, thallium, lead, bismuth, polonium, astatine, francium, radium, actinium, thorium, protactinium, uranium, neptunium and plutonium.

## The Neutralizing Effect of Salt

The healing properties of salt are also known in allopathic medicine. The largest and oldest salt works in Europe occupies the royal salt mine of Wieliczka, Poland, just 7.5 miles outside of Krakow. Here, a hospital was carved out of the expansive salt mountain, seven hundred forty feet below the surface, specifically for asthmatics and patients with lung disease and allergies. Several thousand patients have been successfully treated in this hospital. The healing rate is astonishingly over 90%. Recognition of the healing effects of salt chambers has influenced the construction of a similar underground spa located in the salt mine of Berchtesgaden in Germany. The therapeutic benefits of long-term residency inside the healing salt chambers are allopathically acknowledged. The healing effects were originally thought to be related to the purity of the air within the mine's chambers. But if it was only a question of the purity of the air, why was the air in the cave so healthy, and the air above-surface so unhealthy? One cause has been determined. Our houses are charged with electromagnetic devices, such as TVs, stereos, computers, microwave ovens and the basic electric currents running through our walls. And, when not at home, we hold cell phones to our ears while driving in our cars and walking through our daily lives. This electro-smog causes an excess of positively charged ions that disturb the balance between the positively and negatively charged particles. Further, it creates an excess positively charged, chemically unbound

particles in the air. Only thirty seconds on a cell phone are enough to open up our blood-brain-barrier, a natural barrier that protects our brain from toxins, for eight hours. A Swedish study showed that ninety percent of the women who used a copper-T I.U.D. as their birth control method, while simultaneously using cell phones, developed uterine cancer; the cause being that the I.U.D. functioned as a transmitter and receiver of unnatural, dissonant vibrations.

### **Crystal Salt Promotes Excretion of Animal Proteins**

A study done by Dr. Elisabeth Scherwitz-Josenhans revealed that after four weeks of taking one teaspoon of sole' daily, the urine of 80% of 123 subjects showed significant increase of protein being excreted. Animal protein consumed is generally not completely digested by the body into individual amino acids and these undigested proteins generally remain in the body until such a time as it is able to cleanse them out. Sole' with its innate, natural antagonism towards these unnatural protein residues is a natural cleanser for what would normally stay in the body and cause strong acid waste damage.

### **No Thoughts and No Actions Without Salt**

Even the simplest processes in our body need salt or its inherent elements in ionized form. For example, it is the task of our nervous system to transmit the stimulation that has been recorded via sensory input to our brain, which in return passes this information back to our muscles in order for us to react to the respective stimuli. An electric potential occurs on the membrane wall of the cells when the positively charged potassium ions leave the cells and the positively charged sodium ions cannot enter due to their size. The outside becomes positively charged and the inside negatively charged. When a nerve cell is stimulated, its membrane suddenly becomes polar opposite and consequently is permeable for the sodium ions. In one-thousandth of a second (1/1000th), the electrical potential is transformed and releases, with every nerve impulse, 90 mill volts of energy. The received stimuli are now being converted into thoughts and actions. Without the elements potassium and sodium in the salt, this process is not possible. Not even a single thought is possible, let alone an action, without their presence. Just the simple act of drinking a glass of water requires millions of instructions that come as impulses. In the beginning there is the thought. This thought is nothing but an electromagnetic frequency. The salt is responsible for enabling this frequency to transmit commands to the muscles and organs.

## **The Conductivity of Salt**

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